



# MEN'S ACTIVE SACRED SEXUALITY

**MASTER ON SUPRA SACRED SEXUALITY**  
TRAINING & SELF DEVELOPING

by Anand Rudra, TrueTantra & BeTantric



# WELCOME

## TO A MEN'S JOURNEY

This is a TrueTantra & EATP (European Association of Tantra Professionals) initiative within the Master on Supra Sacred Sexuality, it has the aim to create a safe and professional space to grow within Tantra Science, holistic and shamanic knowledge.

The sharing of this knowledge & practice is the result of over 16 years of experience in the Men's Journey



We are living in what is called Post-Modern Sexuality. The idea of how we relate to each other has changed in the last two years. Covid had brought to us a human experience like never before. The primordial fears and needs of humanity clash down, 80's and 90's this Virus is for these times. That is why more than ever we need to review how we embrace our intimacy.

This program was created in combination with the main sacred tools of Tantra Kaula; pranayams, ritualism, yoga, meditation & sacred sexuality.



# PROGRAM 2022-2023



## THE BODY & POSITIVE SEXUALITY

Positive sexuality is an interesting structure that can generate a huge knowledge about how you interrelate with your own intimacy, your sexual energy and your own body. Be challenge to establish a new YOU!!!

## EMOTIONS VS SEXUAL PRIMITIVE IMPULSE "SEXPLORA 1"

Sexual Impulse & Libido constitute the way men's behave when we have a sexual need. What happen when your emotions are in tune with your sexual energy and how this is an enerfy in disposition to take us to ecstasy or to an state of profussion love.

## MULTIORGASMIA INDUCE IT & LIVE IT

Men we have the capability to experience and induce 13 different kind or orgasms. This experience is to give you the theory and practice of the Multi-Orgasmic Men.

## CERTIFICATION ON LINGAM TECHNOLOGY

The Lingam is a Sacred hidden technology that is capable not only to produce pleasure or to procreate. It is connected to the Universal energy and can fusion the whole bodies, connect you to supraconscious and unlock blockages , but also take you to an expanded state of consciousness.

We will explore the therapy aspects at emotional, energetical, psicosexual & spiritual level.



# PROGRAM 2022-2023

## SEXUAL ENERGY & BLISSFULNESS EXISTENCE

This retreat targets to the way we see life and how we take advantage of our sexual energy to enhance the positive aspects of being alive. Imagine that you are able to enjoy an orgasmic life and that sexual energy can drive and transform every aspect of your life!!

## SEXPLORA SUMMER CAMP

Consciousness, awareness and perception used when we are moving sexual energy or interacting intimately with others; are sacred tools that allow you to awaken manhood, masculinity, assertiveness and happiness in a whole completely different way!!  
This summer we introduce to you S3xplora

## THE POWER OF THE HEART WHEN MEN LOVE MEN

The Cardiac Plexus beholds the interaction of the Anahata Chakra & the heart. Both are separated subtle organs that are connected to one of the most powerful energies that we hold. This in combination with our Sexual Energy can enhance our life pulsation.

## DECODING SEXUALITY & SPIRITUALITY

Sexuality is linked to the way we evolved as human beings. The impulses, the behavior and the desires in combination with our emotions are the gate to connect with supra-consciousness.  
Most of the times we cannot see how spirituality is connected to a carnal act, Tantra gives us the tools to discover an amazing journey.  
We will decode how to start to open this door.





# PROGRAM 2022-2023

## THE ROL ON TANTRA ON POSITIVE SEXUALITY

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NOTES



A background image showing a close-up of several hands and feet, suggesting a group of people. The image is overlaid with a semi-transparent purple filter. The text is white and orange, providing a high contrast against the background.

# POSITIVE SEXUALITY

## " THE INTIMATE SELF & MY BODY(ES) "

**MADRID**

**INTRODUCTION EXPERIENCE**

**Appreciate and respect their sexuality and that of others**

- appreciate & perceive our bodies and those of our partners
- enjoy sexual energy & feelings without necessarily acting upon them
- understand the complexities of sexual and gender identity
- understand the impact of culture, societal and media messages on thoughts, feelings, values, and behaviours related to men's sexuality
- the right to engage in and enjoy a full range of safe, consensual, non exploitative and pleasurable sexual behaviours.

# LOS CUERPOS DE TU SER Y LA SEXUALIDAD POSITIVA " REVISANDO COMO ES TU INTIMO "

**MADRID**

**INTRODUCTION EXPERIENCE**

**Communicate effectively in the relationships**

- communicate with partners about sexual activity continuously what you like & do not like
- negotiate boundaries to be broken or to be as a limit
- discuss physical and emotional results (positive and negative) of sexual activity, safer sex methods,
- practice and uphold intentional and meaningful consent in all partnered sexual activities
- have opportunities to communicate desire not to have sex and have that accepted
- are able to accept boundary setting and refusals to sex



# Los Cuerpos de tu ser y la sexualidad positiva

## " Revisando como es tu intimo "

### Take responsibility for sex safety and health

- take responsibility for our own behavior and actions
- take responsibility for their own bodies and experiences
- practice health-promoting behaviors such as:
- if having partnered sex:
- practicing safer sex to limit transmitting and/or contracting or transmitting a sexually transmitted infection

### Learn about sexual health at energy, emotions & spiritual levels

- understand the benefits and risks of sexual activity
- ask questions about sexual issues
- seek further information about sexuality as needed
- are aware of sexual health resources in their communities





# S3XPLORA 1

## EMOTIONS VS PRIMITIVE IMPULSE

**GUARDAMAR DEL SEGURA, ALICANTE**  
**RESIDENTIAL TRAINING & EXPERIENCE**

- Sexual Impulse & Libido constitute the way men's behave when we have a sexual need. What happen when your emotions are in tune with your sexual energy and how this is an enerfy in disposition to take us to ecstasy or to an state of profussion love.





# s3xplora 1

## Emotions vs primitive impulse

Men we are connected to our primal needs since the beginning of the times. One of this primal needs is our sexual primitive impulses, in this modern times men we can satisfy very fast and easy these impulses.

In conjunction with this, we have all the ramifications that are looping around our sexual impulses. Immediately satisfaction, sexual intercourse to release, distress satisfaction, looking for recognition, the trilling of seduction, addiction to this sexual activity. Sometimes, these behaviours conduct men to have a sexual disorder.

Tantra, Positive Sexuality and Consious sexuality are tools that will help us to understad how we can enjoy these primitive sexual impulses and how I can transform an impulse as conscious desire that can let us to a life living experience.





# s3xplora 1

## Emotions vs primitive impulse

Being able to generate sacred conscious act of a sexual activity allows you to generate a deeper connection with yourself and the other one, a self knowledge, an expansion of your energy, apply awareness to what we desire and what we have done and the benefits of this connection.

Emotion means energy in movement, our emotional body is one of the most powerful resources that men have.

Most of the times, when there is a profusion process ( interconnection of love & lust ) we experience a blissful existence. To be in love is one of the biggest states of consciousness that we can experience.

This retreat will give you tools in order to take advantage of our emotions and how we can move this energies to our benefit.





# s3xplora 1

## Emotions vs primitive impulse

### Costa Blanca :: explore ::

This is a whole complex located in a micro climate localized in Guardamar del Segura, Alicante. We are just in front of the beach, 7 minutes walking from the hotel you have a nude beach. The retreat includes whole pension, you will have 3 different set of prices: room with sea view , room with no sea view and single occupancy

TYPE OF ACCOMMODATION: Residence

- Single Room.. sea VIEW €395
- Double room... sea VIEW €365
- Double room ... no sea sight €350





# s3xplora 1

## Emotions vs primitive impulse

### Costa Blanca :: explore ::

Costa Blanca **PRICE INCLUDES:**

- Price per person and night, in a room occupied by two people on a accommodation in a double room with private bathroom on a full board basis (breakfast, lunch and dinner). Water in meals.
- Bed linen and daily cleaning of the rooms.
- VAT

**PRICE DOES NOT INCLUDE:**

- Towels.
- Any other item not included in the "our price includes" section.
- Plastic water bottles for individual use. Each student must come from house provided with its refillable bottle.



# SEXPLORA 1

THURSDAY	16 hrs Registering 17 hrs General Gathering 18- 19.30 hrs What does mean Sexplora ? Our primal needs their acknowledgement. Desires 20.30 hrs DINNER
FRIDAY	7.15 am Walking to the SEA & Pranaymas 8.45 am BREAKFAST 10 am Tantra Nude Yoga within desire & heart 11.15 break 11.30 am The habits of desires & satisfaction. 13hrs BREAK 13.30 LUNCH 16:00 Breaking the intimacy and lingam volumetrics 18:00 19.30 Phallic Pleasure and the box of desires 20.30 hrs DINNER 22 hrs Orgasmic Meditation
SATURDAY	7.15 am Walking to the SEA & Pranayamas 8.45 am BREAKFAST 10 am Tantra Nude Yoga within desire & heart 11.15 break 11.30 am LINGAM, orgasmia & the emotions 13hrs BREAK 13.30 LUNCH 16:00 EMTIONAL heart orgasms & the identity of PRoFUSSION 18:00 19.30 Passion, Profusion & LOVE 20.30 hrs DINNER 22 hrs MUlTi-Dimension of Consious sexuality
SUNDAY	8.45 am BREAKFAST 10 am Sea Activity 11.15 break 11.30 am CLOSURE sexplora on the beach 13hrs LUNCH

# S3XPLORA 2

**the power of  
PROFUSSION**

**love  
&  
ecstasy**

**Borgoacquapaola**

Bracciano

**R O M A ,  
I T A L I A**

**NOV 23-27**



# S<sub>3</sub>XPLORA 2

the power of PROFUSION ::: love & ecstasy :::

When a man develops the capability to love , there is a process in which emotions & sexual desire are one. The profusion that is generated is temporal since there is an inner fight between what our survival instintics say and what love produces in us.

In top of this, to identify how is the interrelationship that is build between both parties and from where we are loving, goves a complete different aproximation about love.

Sacred Sexuality, consiousness and awareness in conjunction of posistive sex gives us a frame in order to understand men that love men in a whole complete new paradigm.

# S<sub>3</sub>XPLORA 2

the power of PROFUSION ::: love & ecstasy :::

Understanding what is love and its frame when you love a man.

How long does it last a relationship between men and why there is a need to open a relationship. Is it healthy to open a relationship?

Tantra will show us how the emotional self on each one of us moves within the love process and how our mental structure and behavior answers to a certain pattern and needs that are already installed on us .

Love & sexual ecstasy generates a profusion that can re-write many layers of ourselves.

In this retreat pilgrim we will do several senso-emotional rituals that will awake on you a different perspective of Love , Emotions and sexual profusion.



# S<sub>3</sub>XPLORA 2

the power of PROFUSSION :: love & ecstasy ::

We will identify the way of what intimacy can create tantric awareness:

## 1. Consecration – offering it all to the Divine

For a tantric, the first step in the actual love making is the act of consecration, a step that marks the beginning of the intimate, sacred union with the beloved. While offering the act of making love to the Divine, you can also direct the dedication to Love itself. In this way, you combine your personal love with the boundless Universal Love which is the source of all experiences of love. This is a way to get support from the universe.

## 2. Transfiguration – seeing the sublime in each other

The second stage in Tantric love-making is the action of transfiguration. At this point, open your eyes and look at your beloved. Direct your soul to admire and exalt the beloved. Look at his/her beauty and virtues as a poet thrilled by the splendour in front of him. The transfiguration and mutual admiration continues throughout the love-making and of course throughout the relationship.

# S<sub>3</sub>XPLORA 2

the power of PROFUSSION ::: love & ecstasy :::

## 3. Foreplay – embodiment & ecstatic process

The third step of tantric love-making is the famous but often ignored foreplay. It is now that you begin to caress each other. Tantra emphasizes on the importance of the embodiment foreplay. One of the most powerfull sacred tools of tantric love making.

## 4. The erotic play... expansion and cocreation of energy

The fourth step, is the generation of the sacred sexual momentum to feel the interchange of sexual energy. The direct stimulation to the genitalia and the sexual awareness of it is the door to start to do Maithuna.

Deep multi-orgasms can only be experienced during extremely long love-making sessions.

In case you both have tantric skills and your bodies are strong and vital, you have the ability to make love for many hours. Switch from making love to meditation and back to make love again. In this way you'll develop a deep connection that is beyond words, which also reaches deeply into the soul, a connection that will allow you to spiritually grow together.



# S<sub>3</sub>XPLORA 2

the power of PROFUSSION :: love & ecstasy ::

## 5. Afterplay – the art of the one within.

Afterplay – end in a delicate, nourishing way

The fifth stage takes place after love-making. When the love-making is over, remain together for some time. You are now full of tremendous energy contained in your serenity and love. You remain embraced for a while, caressing with affection. At this stage, you feel at home, as if after a long journey. The bodies and the subtle system became one with the other. We need to know to start to become one with ourselves and to go from relax awareness and expanded consciousness.

## 6. Polarity... integrating, gathering and acknowledging

After love-making, the tantric couple goes their own way. Here begins the sixth phase of the tantric love-making game called polarization, or the polar phase. You should be far away from each other in the first few hours after the tantric love-making. You must maintain this space, go several miles apart, in order to allow your accumulated energy to grow. Each of the partners went from receptiveness to assertiveness (from masculine to feminine) and both energies have to be integrated by each individual person.



# S<sub>3</sub>XPLORA 2

the power of PROFUSSION :: love & ecstasy ::

## 7. Sublimation – directing energies to a higher purpose.

The seventh and final phase of tantric love-making is the key of the spiritual relationship. This phase is called sublimation. It's the transformation phase in which Tantric magic appears in full glory. Tantra and Yoga offer precise methods to convert the sexual fluids and sexual energy into immense spiritual energy. If there is no sublimation of the sexual energy, the love-making is like any other love-making, which has no “spiritual gain”. Tantra recommends to do sublimation and dynamic exercises for minimum half an hour even up to two hours after love-making. When the energy has accumulated in the high centers, it is highly recommended to meditate (even if only for a few minutes) to stabilize the energy at these high levels

In this retreat we will explore and practice these 7 methods!!



